

Chicken Stew

Serves 4-6



Sprinkle with toasted almonds or cashews if you'd like. Flavored with cinnamon and a touch of sweetness from apple cider and apricots, this stew, adapted from Healthy Cooking, is absolutely special!

6 boneless chicken thighs (about 2-1/4 pounds),
skin and some fat removed
1 large onion, chopped
4 medium carrots, sliced
4 c. unsweetened apple cider
2 garlic clove, minced
1 tsp. salt
1/2 tsp. ground cinnamon
1/2 tsp pepper
1 c. chopped dried unsweetened apricots
(Hot couscous for non-SCDers)

Place the chicken, onion, and carrots in a 3- or 4-qt. slow cooker. Combine the apple cider, garlic, salt, cinnamon, and pepper; pour over veggies and chicken.

Cover and cook on LOW for 6-8 hours or until chicken is tender.

Remove chicken from slow cooker; shred meat with two forks. Stir in apricots. Return shredded chicken to slow cooker; heat through.